



ABREAST of the NEWS

DRAGONS ABREAST ACT & REGION under the umbrella of Breast Cancer Network Australia

PO Box 7191, Yarralumla ACT 2600 • DRAGONSABREAST.COM.AU • ISSUE 40 • MAY 2011



Australian Championships, 3 April 2011 *Image: Kerrie Griffin*



Michelle Hanton, Coordinator and Founder, DAA with DA ACT, Australian Championships, 1 April 2011



Warming up, DA ACT, Australian Championships, 1 April 2011

Coordinator's report

Congratulations to our club on another successful season of paddling with DA ACT and a big welcome to our new members! The beautiful autumn weather enabled us to be out on the lake and paddle regularly and maintain our fitness, strength and stamina (identified as the most important need of our members in our recent survey on page 4).



Lee Moyes, Gillian Styles, Andrew Twell and (Captain), Carol Summerhayes DA ACT, Australian Championships, 1 April 2011 *Image: Kerrie Griffin*

Training for, competing and volunteering at the Australian Championships in Canberra in March was a fantastic experience, as was welcoming visiting DAA members from Penrith and Newcastle who joined our team to race in a CDBA regatta and celebrated at Anna's 70th birthday dinner that night.



ACT team members including Nanette Donaldson, Bea Brickhill, Mavis Folwer, Lenyss Snellen, Elspeth Humphries, Australian Championships, 31 March 2011 *Image: Kerrie Griffin*

Congratulations to our award-winning members representing the ACT including the Great Grand Dragon (over 60) category who won silver at the Australian Championships (30 March until 3 April): **Bea Brickhill, Carol Summerhayes, Cathy Powell, Colleen White, Elspeth Humphries, Gillian Styles, Jan Skorich, Lenyss Snellen, Nan Donaldson and Patti Pye.** Fantastic effort by the Grand Masters (over 50) category who came 3rd with 1.10 seconds between 1st and 3rd: **Debbie Whitfield, Julie Richardson, Mary-Lou Reid, Maureen Sandilands and Robyne Kellett.**

DA ACT Corporate and Social Dragon Boat Challenge 22 October 2011

Please contact **Boerge Alexander**, organiser, to volunteer for our only annual fundraising event. It's lots of fun! Thank you to members who have already committed to helping beforehand or on the day. actregatta.dragonsabreast@gmail.com

We provided hope and inspiration and encouraged others to 'achieve their dream' of regaining an active, adventurous lifestyle through our many awareness raising activities including giving information to potential newbies at various breast cancer related workshops, Encore as well as during the Bakers Delight Pink Bun Campaign.



Sarah McKenzie, drummer, DA ACT. Buddhist Monk and Gary Humphries MP, perform the traditional dotting of the eye ceremony to awaken the dragon and bring good luck to the paddlers, Commonwealth Place, 30 March 2011 *Image: Kerrie Griffin*



Gabbi Mullins and Elspeth Humphries, Dotting of the eye ceremony, Commonwealth Place, 30 March 2011 *Image: Kerrie Griffin*



Mothers Day Classic 8 May 2011 *Image: Steve Taylor*



Marion Blake, sweep and Mary-Lou Reid, drummer, Mothers Day Classic 8 May 2011 *Image: Steve Taylor*



Mothers Day Classic 8 May 2011 *Image: Steve Taylor*

Mothers Day Classic

DA paddled the 5km course again this year on Sunday 8 May. I received a number of emails of appreciation. We certainly raised awareness of 'life' after breast cancer and may have attracted new survivor members. Excellent on water photos were taken (Steve Taylor from his kayak) as well as photos from the shore.

DAA National Regatta 2011

It looks like we have a team but there is still room for more as there will be many composite teams and fun activities as well as racing. New members are especially welcome.

Dates: Friday 9 and Saturday 10 September
Venue: Lake Kawana, Caloundra, Queensland
DA ACT has booked a block of accommodation in Caloundra for 18 paddlers. Contact, if interested, ASAP: **Joy Tonkin** bookarts@webone.com.au
\$100 deposit due now.

DA ACT Corporate and Social Dragon Boat Challenge 22 October 2011

Please contact **Boerge Alexander**, organiser, to volunteer for our only annual fundraising event. It's lots of fun! Thank you to members who have already committed to helping beforehand or on the day. actregatta.dragonsabreast@gmail.com

Membership of the International Breast Cancer Paddlers' Commission

DA ACT was among the first 30 teams to apply and be accepted as lifetime members of the IBCPC. The quarterly newsletter is one of the benefits of joining www.ibcpc.com. The aim is paddling as one to raise awareness of breast cancer and the benefits of dragon boating while steering ahead for a cause and a cure.

It was fun to welcome **Cheryl Brower** back from the US for a short visit and enjoy a picnic on 14 May on Springbank Island with fabulous food and a dinner and paddlers. We presented Cheryl with a DA ACT badge with her design which she created in Peterborough, Canada last June. She even tried sweeping as she and her family are in a sports team in Maryland, US. Cheryl is an inspiration and has found 10 breast cancer survivors interested in setting up a breast cancer team.



Picnic with Cheryl Brower, Springbank Island on 14 May *Image: Kerrie Griffin*



Cheryl Brower's farewell dinner, Southern Cross Club 15 May 2011 *Image: Kerrie Griffin*

Gecko was on display and we paddled **GoAnna** in a procession at the Traditional Boat Meet at the Yacht Club, with some Diamond Phoenix members to show off our boat. Amazingly, we were so fast only half the boat could paddle at a time to keep us in line with the other traditional old boats.



Kerrie Griffin, Bea Brickhill, Boerge Alexander, Annette Dean, Anne Baynes, Susi Gross, Jan Skorich, Dragon Muster, 25 May 2011

Dragon Muster

We had fun at on 25 May at the new Griffith Community Centre. Many thanks to the organisers and **Patsy Sheales** and the catering team for delicious soup, sweets and drinks. I presented the paddler survey findings (in this newsletter) and our coach **Narelle Powers** outlined new coaching systems and we thank her for giving us her time and expertise. We watched DVDs of BCNA's founder and CEO **Lyn Swinburne** and the *Fields of Women Live* at the MCG Melbourne and Sydney Telstra Stadium which many members participated in as well as **Di Bradshaw's** images of the 2010 international regatta in Peterborough, Canada.



Boerge Alexander with the Kashgar Cup, awarded by Dragons Abreast ACT, for her tremendous energy, resourcefulness and coordinating skills for the annual 2010 DA ACT Corporate and Social Regatta (*courtesy Judy Richmond and Penny Birtles*)

Mentoring for new members

We are trialling a system to support our new members as they navigate paddling and DA issues to help them settle in and enjoy the experience of the club.

Results of the paddler needs survey

Paddlers were invited to complete a survey in May 2011 about their current and future needs with DA ACT. Some 23 responses were received from 55 members enabling the committee to get a good picture of our member requirements. Results were reported at the recent Dragon Muster. Below is a summary of our paddler needs for the next 12 months and how DA can assist in meeting them.

The 'most important need' of DA ACT members is: Paddling regularly to maintain fitness, strength and stamina

We plan to continue during winter on Saturday and Tuesday mornings and Wednesday lunchtime while there is interest and the weather holds out. At the Dragon Muster, members identified possible walks if the weather is bad and we can't paddle.

Next most important need is: Paddling for the experience when I can get there and to enjoy the social side of DA'

We welcome members who would love to paddle but can't make it regularly to training for various reasons. Coffee, walks, musters, dinners and social activities will remain a big part of our club activities.

Adding 2nd and 3rd choices: Improving stroke/fitness was next

Narelle Powers, our coach, gave an excellent coaching presentation at the Muster and help us to improve our stroke/fitness at training.

While preparing for, and competing in, regattas is less important as a 1st priority, it was ranked as a 2nd, 3rd priority for many, moving it up in importance

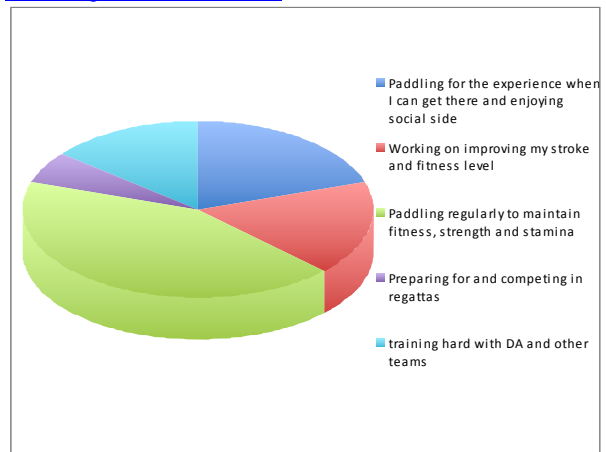
This is interesting. We are fortunate to be able to compete in local CDBA regattas regularly as well as participate in away regattas such as Chinese New Year, Darling Harbour and Caloundra. Some members are keen to compete while others are not interested. There is room for both.

For a proportion of our members: Training hard with DA and other teams is their 1st priority, with a greater proportion rating this as their least important need

We encourage members wanting to extend themselves and take their paddling to a higher level to continue to attend DA sessions as part of their training program and paddle with us at regattas. In the ACT, we are fortunate to have dual membership options which suit some members who want additional paddling experience. Members also have opportunities to participate in ACT teams such as some did at the 2011 Australian Championships. See www.dragonsabreast.com.au

Most important Rating 1 only See

www.dragonsabreast.com.au



Future — all ranking



New DA ACT greeting card

We have some great new greeting cards printed with Steve Taylor's Mothers Day Classic 2008 image and these will be available for sale with merchandise at **Cindy's** car boot sales.

Farewell and thank you to **Bev** and **Bob Sloan** who are moving to Victoria. Thanks to all our members for your time, skills, energy and good humour. You each help make DA ACT such a great group to belong to. Paddles up!

Marion Blake, Coordinator DA ACT

Canberra@dragonsabreast.com.au

CDBA Regatta thank you

Thank you **Bea** so much for including us in the boat on Saturday 26 February. We so much enjoyed the beautiful setting, the perfect weather and the friendship from your girls; it all made for a wonderful day. Thank you too for including us in the Saturday night dinner, as we all celebrated Anna's 70th birthday and a great team effort. Please pass our thanks. Should you ever have the opportunity to be in Newcastle please let us know so we can welcome you offer you a seat in the boat.

Kay, Rhonda and Selma, DA Newcastle

Regatta, Commonwealth Place, 5 March

Congratulations team on some fantastic racing at the ACT Championships! We paddled hard and strong and even **Kel Watt**, AusDBF President, complimented us on looking like a sports team. In heat 2 it was us against ADFA and Komodos which was a challenge but we ran our own race successfully. We were neck and neck with Griffins in heat one and the finals so it was most exciting. A highlight was having ADFA girls join us for our warm up prior to the finals. Thanks to team captain **Carol Summerhayes** and coach **Narelle Powers**. I fully endorse what Marion said about our team. It was a real shame that the entire DA ACT team wasn't all there to experience it. I was really proud to be a DA ACT member, you rock! I know I pushed you all really hard, but you more than met the challenge. Great work every one of you.

Narelle Powers, coach

I agree with Marion's comments on the determination and grit shown by the paddlers in our boat. 500m is not an easy paddle but when I looked up the boat and saw the looks of focus and sheer will power on all your faces I was pretty proud believe me. Well done crew!

Patti Pye, drummer

Thank you gals for another brilliant salute to our lake encouraged by a most beautiful sunrise on 8 March. Our L Plate Sweep (Mistress Boerge) chose an excellent time for pontoon practice as we watched the warm golden glow rise over the National Museum of Australia, while the RAAF balloon hovered over Parliament House. Such a magic start to the day. Paddling wasn't bad either!

Di Wright



Nationals volunteer basket weavers, Kerrie Griffin and Marion Blake *Image:* Jenny Tobin, DA Illawarra



Dotting of the eye ceremony, Commonwealth Place, 30 March 2011 *Image:* Kerrie Griffin <http://www.oz-webs.com/>

Nationals dotting of the eye opening ceremony

After a wild storm around 4.30pm (when paddlers sheltered in the marshalling marquee), we enjoyed a very successful opening ceremony for the 2011 Australian Dragon Boat Championships at Commonwealth Place on 30 March. The weather quickly cleared around 5pm to reveal a calm, mild evening with a magnificent rainbow over the lake. What a showcase for Canberra! Congratulations to **Gillian Styles** who organised a cast of hundreds for an impressive dotting of the eye ceremony and to **Narelle Powers** the marvellous MC. Thanks to **Carol Summerhayes**, **Boerge Alexander** and **Debbie Whitfield** who worked like trojans as volunteer coordinators.

Thanks to all of you who took part in the dotting of the eye ceremony as African drummers, sweeps, wranglers and paddlers — we looked great out there in our hot pink, it was a great paddle and what a bird's eye view. Well, all except for our drummers, **Mary-Lou Reid** and **Sarah Mackenzie**, of the fabulous ground activities including an Indigenous smoking ceremony, Buddhist monks blessing, drummers and dancers.



Nationals volunteers, Margie, Lyn, Di Wright, Di Bradshaw, Kerrie Griffin and Sandy Avis, 6am, Saturday 2 April *Image:* Jenny Tobin, DA Illawarra

Jan Skorich and **Boerge Alexander** were flag bearers for DAA and Victoria respectively. Thanks to those of you who came to watch, and great to see Katherine, Amelia and Annette in the crowd as well as our grand dragon Anna Wellings Booth who was one of the VIP dotters of the eyes. It was a night to remember.



Elsbeth Humphries sweep and Patti Pye drummer, DA ACT, Australian Championships, 1 April 2011 *Image: Kerrie Griffin*

Australian Championships

Congratulations to our team who paddled so hard and strong today at the Australian Championships! Our first race time was 2 min 44 and we improved this in the second race to 2 min 39. Thanks for your 'hero grams' and also for those who came as spectators to support us. It was a very exciting atmosphere and we really enjoyed staying on to watch the races and supporting other ACT teams. Thanks again to our many members who are beavering away as volunteers, often quietly behind the scene, enabling the event to run so smoothly.

Marion Blake

Wow! Congratulations to all DA members in the ACT teams. I managed to sneak away from my post to watch your races and how close they were – your early morning training certainly showed. DA members were also very visible in the volunteer area. I, together with June and Katherine were in the Merchandise tent and the mob was 10 deep before racing began and we had to borrow torches to see the sizes. There was good coverage on WIN TV and ABC news – well done Michelle! Suck in that Dragon Spirit!

Anna Wellings Booth

Congratulations, ladies, for your long hard hours of training — a huge accomplishment. I've enjoyed reading all the emails and I am with you all in spirit. Very proud to be associated with such an amazing team of women. Well done! See you in Caloundra. Paddles up!

Kathy Boby, Adelaide (formerly Canberra, Canada)



International media, Australian Championships, 2 April 2011 *Image: Kerrie Griffin*



Robyne Kellett, Life Member DA ACT sweeping Dragon Flyers, Australian Championships, 2 April 2011 *Image: Kerrie Griffin*

I was absolutely overwhelmed by the number of DA ACT volunteers, doing all sorts of amazing jobs for incredibly long hours. You really are a very special group of people. Your contribution was noticed by many participants and we are all extremely grateful. Every time we looked around, there was another smiling DA volunteer! Well done everyone, and well done in the racing too. Next time 200s and 2000s, a most exciting race!

Jan Skorich

Exercise as medicine — lymphoedema study

Several Dragons Abreast ACT paddlers have recently completed a study conducted by **Dr Kate Pumpa** of the Centre for Research and Action in Public Health at the University of Canberra. The study was conducted in collaboration with Dr Prue Cormie, Post Doctoral Research Fellow at the Vario Health Institute at Edith Cowan University in Perth. Research at the Vario Health Institute focuses on the use of exercise as medicine for the prevention, treatment and management of chronic disease as well as for maintaining health and physical function. The Institute is internationally recognised for their work in cancer and has been involved with the establishment of the Cancer Council Western Australia Guidelines for Implementing Exercise Programs for Cancer Survivors, the Exercise and Sports Science Australia (ESSA) National Position Stand on Exercise for Cancer Survivors, and the influential American College of Sports Medicine (ACSM) Consensus Statement on Exercise Guidelines for Cancer Survivors.

Kate's study was conducted over a 12 week period, with two-thirds of participants participating in weight training at Club Pink in Belconnen and Tuggeranong. The remaining third are the control group who have just commenced the exercise program. The exercise program was divided into two groups, one doing high intensity training, the other low intensity. What this means in practice is that the high intensity group were lifting the maximum weight for each individual for a low number of repetitions, and the low intensity group lifting a lower weight for more repetitions. The program is tailored for the individual, so no two

participants were doing exactly the same program with the same weights.

Before commencing, we all took part in a preliminary testing process involving a DEXA scan, which shows lean body mass to body fat ratio, and also shows the difference between one arm and the other – in my case the difference between my left and right arms is 700gms, or 23%. Other testing involved a bioimpedance meter, which also shows the difference between the lymphoedema limb and the normal limb, measurements of both arms, lifting weights to maximum capacity and maximum repetitions, chair rises, and hand grips, which show general fitness.

I took part in the Belconnen group – other DA participants in Belconnen were Lee and Susi, with Anna and Mary Lou now participating in the delayed action group, they have commenced a high intensity set of exercises. Club Pink donated the memberships for the 3 month period, and Kate and her colleagues donated their time, before and after normal working hours, to conduct the study.

The whole group enjoyed the classes, showing up bright and early to commence the warmup, and lifting weights with enthusiasm. We had lots of fun; there was a fair bit of laughter and chat as we swapped machines. Naturally, we tried to recruit all the non paddlers to Dragons Abreast!

Once we finished the 12 week study period, we went through all the testing again to see if there were improvements. Kate can't stop smiling because preliminary results are indicating an improvement in each of the participant's lymphoedema arms, and of course in our general fitness. Once all the testing is complete we will be provided with detailed information about the results. Kate has agreed to write a piece for this newsletter, so you'll be hearing about this again!

So without getting too far ahead of myself, and waiting for more results both from Canberra and from Perth, it seems that old advice given to us about not lifting weight with the lymphoedema arm could prove to be totally erroneous, and the more weight the better! So keep up the paddling, as it contributes to general fitness, flexibility and well-being, and you may like to visit the gym as well!

Jan Skorich

Merchandise

Look out for the DA shop on Saturdays from **Cindy Young's** car boot. Please bring cash or cheque to pay. [ACT merchandise price list](#)



Australian Championships, 2 April 2011 Image: Kerrie Griffin



Australian Championships, 2 April 2011 Image: Kerrie Griffin



Warm up and training times

6.15 for	6.30am	Tuesdays
8.00 for	8.30–9.30am	Saturdays
12.30 for	1.25pm	Wednesday

Contact:
Colleen Wright milltom@grapevine.com.au

Some great paddling technique tips:
<http://www.dragonsabreast.com.au/NSW/PaddlesUp59March09.pdf>
(note: DA ACT paddling technique may be slightly different from Sydney, so listen to OUR coaches please!)

Remember water, hat, sunscreen and sunglasses!

If you want to have a try at sweeping contact:
Narelle Powers narelle.powers@defence.gov.au
or **Elspeth Humphries** humphries44@ozemail.com.au
Weather watch

<http://www.canberrayachtclub.com.au>

<http://www.canberrayachtclub.com.au/webcam/cam>

Under the pink umbrella



Pink Bun Campaign

Bakers Delight Lanyon is very friendly and they put in a huge effort and are extremely devoted to the cause. The Tuggeranong Hawks football club thanked Scott for his donation. On 14 May **Annette Ellis** and **Senator Kate Lundy**, DA ACT patron, attended the footy day and the team wore pink socks! Some of the people who approached me were very special and very supportive.
Larissa Sinclair



Bakers Delight Civic ACT 6 May 2011 Image: Kerrie Griffin



Jill Evans at the Bakers Delight Weston ACT4 May 2011 Image: Geraldine Robertson

Pink Bun campaign thank you

It's another year of FANTASTIC link ups in ACT with many ongoing relationships from previous years. You have covered all bases and having met most of the women at Floriade I know they will be wonderful in the bakeries. I especially like the way pairs and groups going together to create energy and presence. The campaign everywhere is really going very well and I am thrilled with a record number of link ups.

Marita O'Keefe (Queen) Lyn, Kirsten and all at BCNA All eight ACT Bakers Delight had BCNA members. Sincere thanks to Patsy Sheales, Mary-Lou Reid; Leanne and Sarah McKenzie; Denice Bassanelli (Civic and Gungahlin); Susan Pitt, Anna Wellings Booth, Lenyss Snellen, Louise Muir; Geraldine Robertson, Jill Evans (Woden and Weston); Gillian Styles, Judy Cluse; Larissa Sinclair; Gabbi Mullins, Tania Willis and Kerrie Griffin. Thanks also for those who intended to participate but were unable this year. There's always next time!

Kerrie Griffin

Mother's Day Classic Canberra

Presented by Women in Super <http://mothersdayclassic.com.au>
Thank you to **Susan Pitt**, Coordinator of the BCNA stall and all the Bosom Buddies helpers including **Vicki Byrnes**, **Larissa Sinclair**, **Kate O'Hara** and others. The brightly decorated stall had information on BCNA, Dragons Abreast, Bosom Buddies, BreastScreen ACT and Encore. Sincere thanks to **Cate Wood** and the Women in Super team for their tremendous efforts. There were also many BCNA members walking or running including **Becky Barney**, **Judy Rafferty**, **Heather Millar** and the Bosom Buddies team.

Larissa said: I loved seeing you all in the boat, you looked wonderful. The crowd loved it and I could see them looking and going down for a closer inspection!



Mothers Day Classic 8 May 2011 Image: Larissa Sinclair



Anne Brown ACTAFL, Alex Lawder and Dave Smith AFL Hawks players, Larissa Sinclair Bosom Buddies, Bakers Delight Lanyon, 14 May 2011



Kate Lundy throws up the ball for Tuggeranong Hawks Captain Alex Lawder and Ainslie captain, 14 May 2011

DRAGONS ABREAST – keeping the spirit alive!



Frances Chaloner Bosom Buddies, Chief Minister Katy Gallagher, Kerrie Griffin BCNA and Martin, CRCC staff, Capital Region Cancer Centre launch, TCH, 19 May 2011 launch

‘The new integrated \$44.6m Capital Region Cancer Centre will improve cancer treatment, drawing together a comprehensive services addressing all aspects of the prevention, detection and treatment of cancer,’ the Chief Minister **Katy Gallagher** said. ‘Patients can access chemotherapy and radiation therapy, and activities such as research and teaching programs will occur in a single building on the Canberra Hospital campus.’ **Grant Carey-Ide** ED said the centre would integrate all aspects and ensure specialists could work closely to maximise patient care.

Get involved with BCNA

- [Community fundraising](#)
- [Join our online network](#)
- [Advocacy](#)
- [Speak out](#)



In 2011, legendary Australian Raelene Boyle will celebrate her 60th birthday. As a passionate ambassador of Breast Cancer Network Australia, Raelene's birthday is being celebrated with a gala event in Melbourne on 1 July, to help raise funds for the important work of BCNA in supporting women affected by breast cancer.

BCNA is the national voice of all Australians personally affected by breast cancer and represents more than 294 Member Groups and over 57,000 individuals, who have been affected by breast cancer.

Raelene's 60th birthday celebration will be attended by the Hon. Julia Gillard, Prime Minister of Australia and other political, sporting, community and media leaders.

This unique celebration will feature entertainment tributes to Raelene's many achievements and a fundraising auction for BCNA.

<http://www.bcna.org.au/events/key-fundraising-events/raelene-boyles-60th>

Latest BCNA news

Congratulations to **Kirsten Pilatti**, Marketing Manager BCNA, is having a baby in July and we wish her well. She will take six months maternity leave. The BCNA national Summit for member groups will be held 18-20 August in Melbourne and there will be a farewell for **Lyn Swinburne**, BCNA CEO and founder, who is she is retiring later this year. It aims to strengthen ties among members, give latest updates about breast cancer and treatments and assist groups to support women as well as provide an excellent networking opportunity.

Breast Prostheses Reimbursement Program

Health Minister Nicola Roxon has released the findings of an evaluation of the government's National External Breast Prostheses Reimbursement Program.

Results of Prostheses Reimbursement Program evaluation released

Changes to PBS listings of taxanes help women with secondary breast cancer

Federal Budget 2011-12

\$65 Million Regional Cancer Centre for Albury Wodonga

The Beacon Magazine



The Beacon is BCNA's free national magazine for women with breast cancer and their families and friends. ISSUE 55, with a focus on wellbeing, is now available!

NBCF launch Register4

Please join up to both links below if you haven't already. Register4 is a new online community where people can register their interest in participating in research into breast cancer related issues.

The register is an initiative of the National Breast Cancer Foundation (NBCF). It is open to all Australian women and men, whether or not they have had a breast cancer diagnosis. Those who register may, from time to time, receive opportunities from NBCF to participate in research being conducted by Australian researchers. The concept is very similar to BCNA's Review & Survey Group, which has been running for 3 years and now has more than 800 members. For more information about the Review & Survey Group, or to join, visit the [BCNA website](#).

Register4 is an important initiative in breast cancer research in Australia. It is currently in the very early stages and we expect to see it evolve over time. To learn more about Register4, or to sign up, visit the [Register4 website](#). <http://www.bcna.org.au/news/2010-10/nbcf-launch-register4>

Go Red for Women [Healthy Heart Challenge](#)

Go Red for Women is the Heart Foundation's campaign that unites women in the fight against heart disease – helping to raise awareness of their risk and promote healthier choices. [take action](#). <http://www.heartfoundation.org.au>

Jean Hailes Foundation <http://www.jeanhailes.org.au/>

[Quit drinking to cut cancer risk](#)

CANCER COUNCIL AUSTRALIA has revised dramatically upwards its estimate of alcohol's contribution to new cancer cases and issued its strongest warning yet that people worried by the link should avoid...

<http://www.smh.com.au/lifestyle/wellbeing/quit-drinking-to-cut-cancer-risk-20110501-1e38g.html>

Read more: <http://www.smh.com.au/lifestyle/wellbeing/quit-drinking-to-cut-cancer-risk-20110501-1e38g.html#ixzz1LAFj1Ia8>

Read more: <http://www.smh.com.au/lifestyle/wellbeing/quit-drinking-to-cut-cancer-risk-20110501-1e38g.html#ixzz1LAFBqxBh>

[Warning over long-term drinking link to common cancers](#)

Recent BCNA research project reports

[Survivorship Care After Breast Cancer Treatment Research Project 2010](#)

[BCNA Breast Reconstruction Survey 2010](#)

[Herceptin and Heart Health Survey 2010](#)

[Building better bras 2010](#)

[Sexuality After Breast Cancer 2009](#)

[BCNA's Women's Survivorships Research Priorities Research Project 2009](#)

[BCNA's National Survivorship Research Think Tank 2009](#)

[BCNA's Exercise and You Survey 2009](#)

[BCNA's Cost of Follow Up Mammograms Project 2009](#)

[High Cost Drugs Research Project 2008](#)

[BCNA's Partners Survey 2008](#)

After the treatment website

www.cancercounselling.org.uk/northsouth/extra4.nsf/WebResHeader?OpenView&ExpandAll&Count=500

Courtesy of Marilyn Brookes and Sarah Holmes

HeadsUp@Bruce

HeadsUp is a not-for-profit service established to help women who have lost their hair, either as a result of treatment such as chemotherapy or from permanent alopecia. <http://headsup.net.au>

Open: **10am to 3pm Wednesdays and Thursdays**

<http://web.me.com/sueowen1/HeadsUp/Welcome.html>

Sue Owen 0416 227 5959

Otis Foundation retreats

We are very privileged that Elspeth Humphries' family allows visitors to *Creekside* during summer.

<http://www.otisfoundation.org.au/OTISSanctuaries.asp?SanctuaryID=6>

Prosthesis recycling Contact **Jan Murphy 0402 188 361**

janaliveandwell@hotmail.com.au

Tattooing

Experienced practitioner will create natural looking areola and nipple, using blends of skin-like colours.

Contact: **Fiona MacKenzie Gloss Beauty 6230 9851** or

gloss.beauty@hotmail.com

[Team training as a predictor of reduced recurrence among breast ...](#)

Terry Mitchell, PhD, Director of the Centre of Community Research Learning and Action and Associate Professor, department of Psychology, Wilfrid Laurier ...

www.dragonsabreast.com.au/.../TeamTrainingReducedRecurrence.htm

Amoena sports bras

\$15. It fits beautifully and feels comfortable and free postage.

<http://cgi.ebay.com.au/ws/eBayISAPI.dll?ViewItem&item=330531667404>

**Kerrie Griffin, Community Leader,
Seat at the Table (SATT) Program, BCNA**



Dragons Abreast ACT team, Australian Championships, 1 April 2011



Sunrise, National Carillon, Australian Championships, 3 April 2011 *Image: Kerrie Griffin*



Australian Championships, 3 April 2011 *Image: Kerrie Griffin*



BCNA Mini Field of Women at the 9th Dragons Abreast ACT Dragon Boat Challenge, 23 October 2010 Image: Chris Holly

Calendar of events

Dates and events may change – please check www.cdba.com.au/

PS = Point Scoring Regatta NPS = Non-Point Scoring Regatta Club in [brackets] has BBQ duty)

Month	Date(s)	Event	Location	Notes
June	Saturday 18	Bosom Buddies Workshop	Pearce Community Centre	RSVP 6290 1984 bosombuddies@shout.org.au
	Sunday 26 12pm	HeadsUp Australia fundraiser \$75	Mona, outskirts of Braidwood	contact@headsup.net.au or 0416 227 595 tickets or donations www.headsup.net.au/HeadsUp/Fundraiser.html RSVP by 17 June to Sue Owen
July	21–24	2011 Dragons Abreast Australia National Convention	Ballarat, Victoria	www.dragonsabreast.com.au
August	1–7	IDBF World Championships	Tampa Bay Florida USA	http://tampa2011.idbfworldchamps.com/
	Monday 15	CDBA AGM	Canberra Yacht Club Lotus Bay	www.cdba.com.au/
September	Friday 9 and Saturday 10	National Regatta 2011 Dragons Abreast Australia is proud to invite members to our 100% Dragons Abreast Regatta and on water workshops.	Lake Kawana, Caloundra, Sunshine Coast ,Qld	Registrations open Contact: nationalregatta@dragonsabreast.com.au
October	Saturday 22	Dragons Abreast ACT Corporate Challenge Regatta	Weston Park, Lake Burley Griffin tbc	canberra@dragonsabreast.com.au
	Saturday 22 8am–3pm	BCNA Mini Field of Women at the Regatta	Weston Park, Lake Burley Griffin tbc	Volunteers needed for the BCNA stall!
	Sunday 30	Dragons Abreast Festival	Darling Harbour, Sydney	www.dragonsabreastfestival.com.au 1300 889 566

Dragons Abreast Australia — Mission statement

<http://www.dragonsabreast.com.au/>

To offer hope and inspiration to those faced with a diagnosis of breast cancer and promote the fact that there is quality of life after breast cancer.

Keeping the spirit alive!

Next issue of the DA ACT newsletter — August 2011

Thank you to all members who have contributed to this issue.

Please submit any news, items and images by 22 July 2011 to the newsletter coordinator

Kerrie.griffin@act.gov.au or taylorclan@inet.net.au

Seven steps for your images to appear on the website

- Snap your photos and download to your computer
- Email digital photos to dragonsabreastaustralia.dragon@picasaweb.com
- In the subject line of the email, include a description, for example "Tit Tit Boom team at the ACTDragons Abreast Corporate Challenge 2010"
- If possible, also name the individual photos – "Mary paddling", Jo sweeping" etc. *NB: this step is not essential*
- Email webmaster@dragonsabreast.com.au to inform that photos have been sent to the above address.
- Webmaster will then create an album of these photographs
- This album will be placed on the ACT regatta 2010 page, and on the 'Gallery' page <http://www.dragonsabreast.com.au/Gallery.htm>

